Exposing *the* Spiritual Realm Behind *the* Physical

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Preface

When I was born, one of the things I expected to get hold of was, what are we doing here? How do we get back into connection with God? And what comes next after this life? As I grew up, I quickly realized that nobody had the answers to these questions, as a matter of fact, they were all oblivious to these questions. Most people just lived their life for what they could see, without having any perception of anything outside of the physical world we live in. Although I've come across people who have opinions about the introductory questions, it seemed like none of them knew the answer for certain. In this book, I will give my perception on reality from what I have observed and absorbed over the course of my lifespan, and what really goes on in the world that we cannot see, and the key to get back into connection with God.

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1 Corinthians 2:9 — "Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which God has prepared for those who love Him." (NKJV)

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Chapter 1

Sin Opens the Door to Demonic Possession

1.1 Introduction, 3 Different Types of Heavens / Realms

Before we can take a look at demonic possession, we need to understand the realms in which the reality that we observe is divided into, and laws regarding the realms. The Bible talks about 3 different types of heavens.

1. Heaven is the physical world as we see it with our own eyes: the sky, the clouds, the atmosphere surrounding the earth.

Genesis 1:1 — In the beginning God created the heavens and the earth. (NKJV)

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2. Heaven is where Satan and demons reside.

Ephesians 6:12 — For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. (NKJV)

Angels and Jesus can also enter into this realm to fight against these principalities. From this realm, demons can spy on us humans, and they're probably even watching you right now; however, their powers are limited to laws in the spiritual realm. Their rights are usually permitted by what you allow them to have over your life: The rights and laws are primarily divided into 4 parts:

(a) Giving into temptation (sin).

(b) Generational curses.

(c) Idol worship.

(d) "Built up resentment from a wounded heart".

As much of these a person has exposed themselves to in their life, as much legal ground the demons are granted, and they will persuade you to expand their rights by extending the door width by sinning more, look at the next subchapter (1.2). A person can be born with demonic possession, because of the sins of their ancestors, you may say this is not fair, but we live in a fallen world where nothing is perfect. On the contrary, a person can be free from demons, by renouncing, repenting, breaking curses, getting deliverance and being baptized. More on this in Chapter 4. We as humans cannot see this realm, but

with the power and discernment of the Holy Spirit, we can sense some of the activity going on, such as people who are possessed and oppressed by different types of demons, and people who make choices led by the Holy Spirit. As we wander through life sealed with The Holy Spirit, He will grant us discernment and intuition about what goes on in this realm. On the contrary, in our minds, people who've made a contract with a demon, can also get a one sided idea of what happens in this realm, as much as what the different types of spirits allows the individual to see.

When a person has opened the door to demons, the demons can not only communicate to that person by sending them thoughts, but they can also show you a sketch of the spiritual world. Some people will call this the astral realm, and when you travel in it, astral projection. However, these are demons installing a sketch of the physical world in your mind when you're dreaming. They choose what you will see and not see. People report seeing entities in this realm, and guardian angels or spirit guides. This is simply a deception, and really demons in disguise. So we might think that we're communicating with an angel, but it's just a demon. We wouldn't see real angels in this realm, because the world that we're in is created by demons, just like some dreams and nightmares are created by demons. That's why frequent nightmares are actually a sign of demonic possession.

Just because we can't see angels or Jesus in this dimension does not mean that they don't have access to it. I can only speak for myself: when I had an experience with sleep paralysis (precursor to the astral realm, a replica of the physical world) once, there was an invisible voice disguised as my mother's voice, accusing me of things I had done. I tried to speak against the accusations and diffuse them, and I didn't hear any feedback for a few seconds; then I heard the voice now in a demonic voice screaming "he's mine!!", then I woke up. I thought about this interaction the following days, and I came to the conclusion that the voice wasn't speaking to me when it said "he's mine" — it was speaking to something else. It's my understanding that the demon was speaking to either a very powerful angel, or actually Jesus Himself, being my advocate and defending me, telling the demon He belongs to Me, he has been purchased by My blood.

There are also reports of people who have had near-death experiences, that have seen their own bodies after dying before ultimately being taken to another place. I've also heard that they feel a sense of peace and a presence being with them at that time, which leads me to believe that they are being shown or transported under the protection of the Holy Spirit. But ultimately they won't be hovering over earth forever; they are taken somewhere else to be shown something. Neither in these reports have I heard people reported seeing demons or angels, but only the physical realm from a "spectator's" view. Which makes me believe that we as humans are not capable of seeing the full picture of the second heaven (all the angels and demons warring) either by getting into a contract with a demonic principality to astral project, or having the Holy Spirit taking us to another place while exiting the second heaven.

3. Heaven is where The Father and the Shekinah glory resides.

> *2 Corinthians 12:2–4 — I know a man in Christ who fourteen years ago—whether in the body I do not know, or whether out of the body I do not know, God knows—such a one was caught up to the third heaven. And I know such a man—whether in the body or out of the body I do not know, God knows—how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter. (NKJV)*

This is also where angels are stationed, before they're sent forward to the second heaven to fight evil spirits, protect and record the works of each person to bring it into judgement, both good and bad. We

are judged by our works, but it's our faith and grace that saves us from the judgement. However, people who reject Jesus will ultimately have to atone for their own sins, because God is a righteous God.

The third heaven is also where our prayers go when we pray. Before our prayers reach heaven, they have to go through the second heaven, and it's here that demons can block our prayers and prevent them from reaching the throne room. Thus it's crucial to persevere in the Spirit — don't give up praying — and as you pray, you will feel the heaviness gradually being lifted off of you, and you feel your inner spirit-man getting stronger. You want to hear from The Father, and persisting in prayer and worship, even though it might feel hard and you meet a lot of resistance such as nightmares and intrusive thoughts, maybe even sudden sickness, economic or friendship problems, will tear down the veil separating you from the Father, Jesus, the anointing fire of the Holy Spirit and holy angels, and you're breaking through. Usually, when you're going through this much battle just to reach the throne room of Father, then it's a big sign that there is something in your life, wether known or unknown, that is separating you from the Father, Jesus and full outpouring of the Holy Ghost, and you should look at Chapter 4 to identify what you need.

At this point you're attuned with the 3rd heaven, and your desires will exceed that of earthly desires. You will receive revelations directly from the Father often through visions or dreams; your spiritual discernment will be heightened; the Holy Spirit's voice will be clear to you. The Holy Spirit might give you missions or intrigue you to talk to so-and-so about XYZ regarding the things of God, or do so-and-so for others and for yourself. Once you're at this point where your prayers can go directly up to heaven without any resistance, pray with caution — things will shift. This is where verses and promises in the Bible such as "ask and you shall receive" really come true, and you will hear very clearly what the Father answers you through the Holy Spirit: either yes or no, or "hold up." because when you're at this point, you've attuned your will with the Father's will; I will go over more on this in the sanctification chapter.

This is where intercession prayers become really powerful, and as you're speaking and praying, you're building up a powerful structure in the second heaven and a bridge to the third heaven straight to the throne of the Father, because Jesus granted us dominion (Genesis 1:28) and to speak things into existence. We as humans, when praying the Father's will, will make things come into existence. Therefore, anyone who repents and surrenders to God can be used as a vessel for God to establish His kingdom on earth and recruit people to eternal life. Sadly, Satan has deceived and blinded the whole earth, and few are those who find their way to the Father.

1.2 Grieving away the Holy Spirit, and the Conscience Moral Compass

How sin opens doors to demonic legal rights.

Our moral conscience is a result of our knowledge of good and bad.

Genesis 3:5 — For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil. (NKJV)

Inevitably, God made us know good, and the devil made us know evil. When we accept and invite the Holy Spirit into us, He will enhance our capability to know good (discernment, look at chapter 8) and do good, and the perfect will of the Father. So when a person does bad, I believe that a small portion of the Holy Spirit is convicting that person that he did wrong, even though they've not officially accepted the Holy Spirit into

their lives, they can still distinguish between what is good and bad, why? Because everybody is born with a conscience and gets the feelings when they know they have done something good or bad. They can either decide to listen to this feeling, or suppress it. This is interesting because the moral compass of a human is closely related to one of the behavior functions of the Holy Spirit, to convict us of sin and righteousness and of judgement. I would even go as far to claim that a person that only follows their moral compass can have much of the same characteristics as someone that has accepted the Holy Spirit to rule into their hearts, because when a person is severely demon possessed, both the Holy Spirit and their moral consciousness is dimmed close to or completely gone.

Personally, I believe there is a spectre to how much Holy Spirit you're filled with, same goes with unclean spirits too, which we will look at later in this subchapter. I believe: Everyone is born with the Holy Spirit to a small degree, and in the judge, God will only hold you accountable for as much you know, and the amount of light that was revealed to you. So when a person that never had the chance to hear about Jesus, but followed the light that was presented to them, he can be saved through grace, because God looks at the heart, this is a rare case, but most people today know about Jesus, so it would not apply to them. The voice is limited from our conscience alone, it can only hint towards truth, but we cannot receive a big portion of the Spirit unless we take some actions. Now here we will look at the relationship between sin, grieving away the Holy Spirit, and levels of possession.

We can know the various sins by the law.

Romans 3:20 — Therefore by the deeds of the law no flesh will be justified in His sight, for by the law is the knowledge of sin. (NKJV)

Sin is the breaking of God's law.

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1 John 3:4 — Whoever commits sin also commits lawlessness, and sin is lawlessness. (NKJV)

Sin is knowing to do good and not doing it.

James 4:17 — Therefore, to him who knows to do good and does not do it, to him it is sin. (NKJV)

From Greek, the word good can also mean honorable.

Holy Spirit convicts us of that which is sin.

John 16:8 — And when He has come, He will convict the world of sin, and of righteousness, and of judgment. (NKJV)

Willful sin leads to departing of the Spirit:

Romans 6:1–2 — What shall we say then? Shall we continue in sin that grace may abound? Certainly not! How shall we who died to sin live any longer in it? (NKJV)

Ephesians 4:30–31 — And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, [c]clamor, and evil speaking be put away from you, with all malice. (NKJV)

Matthew 12:31–32 — "Therefore I say to you, every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven men. Anyone who speaks a word against the Son of Man, it will be forgiven him; but whoever speaks against the Holy Spirit, it will not be forgiven him, either in this age or in the age to come." (NKJV)

Blasphemy from Greek can also mean *slander*, so slandering or speaking falsely against the Holy Spirit — the opposite of what the Spirit embodies, which is love; the things listed in Ephesians 4:31 — will down the line cause the unpardonable sin. In the verse above, it says *speak against*, not *of* the Spirit; *against* it, which has to mean that *against* refers to doing your own sinful will over the Spirit's will.

Example: Saul gets a mission from God to eliminate the whole tribe of the Amalekites.

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1 Samuel 15:2–3 — Thus says the Lord *of hosts: "I will punish Amalek for what he did to Israel, how he ambushed him on the way when he came up from Egypt. Now go and attack Amalek, and utterly destroy all that they have, and do not spare them. But kill both man and woman, infant and nursing child, ox and sheep, camel and donkey." (NKJV)*

Saul doesn't listen to God's message.

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1 Samuel 15:7–9 — And Saul attacked the Amalekites, from Havilah all the way to Shur, which is east of Egypt. He also took Agag king of the Amalekites alive, and utterly destroyed all the people with the edge of the sword. But Saul and the people spared Agag and the best of the sheep, the oxen, the fatlings, the lambs, and all that was good, and were unwilling to utterly destroy them. But everything despised and worthless, that they utterly destroyed. (NKJV)

Here Saul opened a door to the enemy, by disobeying God, and knowing to do good and not doing it (sin).

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1 Samuel 16:14 — But the Spirit of the Lord *departed from Saul, and a distressing spirit from the* Lord *troubled him. (NKJV)*

Here Saul opened a door to the demons, and they started to plague him; it started small, but his continual sin continued the possession to get bigger.

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1 Samuel 16:23 — And so it was, whenever the spirit from God was upon Saul, that David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him. (NKJV)

Envy (10th commandment) caused Saul to invite the demon back after he was delivered by holy music.

> *1 Samuel 18:7–10 — So the women sang as they danced, and said: "Saul has slain his thousands, and David his ten thousands." Then Saul was very angry and the saying displeased him; and he said, "They have ascribed to David ten thousands, and to me they have ascribed only thousands. Now what more can he have but the kingdom?" So Saul eyed David from that day forward. And it happened on the next day that the distressing spirit from God came upon Saul. (NKJV)*

From this and as we read forward in the story of Saul, we can see that possession actually has a spectrum. First comes temptation followed by disobedience, sin. That opens a gateway or a "door" for the devil to enter your temple. Think of it as a house. The house is your body; this house is a property you're lending from the house owner (The Father, The Son and The Holy Spirit, because they were all present when they designed the house). The only person that should be allowed into this house is The Holy Spirit; He is your helper. On the outside of your house are intruders; when you're sealed and built your house on a solid foundation, no storm nor floods can affect your house, because you're sealed. However, once temptation arises, you're being attacked by the intruders. Do you want to open the door to something that looks or feels pleasant, but inside you know it's wrong? If you do, then you're allowing little by little these intruders to have rights into your house, because you've welcomed them. At this stage, you've given them access to your life, but they're not ultimately inside of you.

1. Now you might face issues with your relationships, your finances etc. — outer circumstances in your life. Demons at this stage come and go in and out of your house, just like with Saul: when David played harp for him, the evil spirit left him. At this stage, you need deliverance; you need prayer and confession. When the demon leaves, you might cry, burp or yawn — very light manifestations of the demon leaving.

2. As you continue to give the demons more and more rights into your temple, the demon or demons will reside inside of you all the time, keeping you in bondage, keeping you in besetting sin, and when you're breaking free, intrusive thoughts and nightmares arise. At this stage, the Holy Spirit can still live inside of you, but every time you cultivate Him, the demons will be swift to do everything they can in order to suppress you from reaching Him and breaking free.

3. The next stage after that is the lack of ability to distinguish the demons from reality. You fall into sin really easily, maybe even crime; you can't distinguish if this is your thought or the demon's thought; you're merging with the demon. The Holy Spirit — your moral compass — is severely diminished.

4. The next stage is deep: this is when you're so deeply invaded by demons that you're not yourself anymore — the demon has taken over you. These people won't find themselves in church; these people might be drug addicts, murderers, evil people and the like. They won't seek Jesus because they're so deep down in darkness, having grieved away the Holy Spirit; they have no moral compass to follow. There is still hope for these people, if they have an encounter with Jesus, or said yes to Him at any point in their life, they have an increased chance of getting saved; however most of the time the church has to go out and find these people, and help them get set free in Jesus' name, see chapter 4 (Deliverance).

1.3 3 Different Categories of Sins

In the the previous subchapter 1.2 Grieving away the Holy Spirit, and the Conscience Moral Compass we looked briefly at the definition of sin. In this subchapter, we will focus more on the broad spectrum of sin, and the

areas it covers. Personally, I like to divide sin into 3 categories, and contrary to popular beliefs, I believe sin ranges from small to "worse" sins. I also believe we as humans never become totally free from sins, but that after we partake in the new covenant and in sanctification process, we become more and more Christ-like. Here are the 3 categories of sin I personally have chosen to divde them into:

1. **The 10 commandments** - The 10 commandments were the moral law given to Moses at mount Sinai. As stated earlier in the previous subchapter, we know that breaking one of these commandments is sin. The commandments can be split into two categories, the 10 literal commandments (the letter of the law) and then the fulfillment of the law (the spirit of the law). The law is a reflection of God's character. Before looking at the law, we will look at God's reflection in parallel to the law.

Characteristics of God and the Law

1. God is Good —

Luke 18:19 — So Jesus said to him, "Why do you call Me good? No one is good but One, that is, God. (NKJV)

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2. God is Holy —

Isaiah 5:16 — But the Lord of hosts shall be exalted in judgment, And God who is holy shall be hallowed in righteousness. (NKJV)

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3. God is Just —

Deuteronomy 32:4 — He is the Rock, His work is perfect; For all His ways are justice, A God of truth and without injustice; Righteous and upright is He. (NKJV)

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4. God is Perfect —

Matthew 5:48 — Therefore you shall be perfect, just as your Father in heaven is perfect. (NKJV)

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5. God is Love —

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1 John 4:8 — He who does not love does not know God, for God is love. (NKJV)

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6. God is Righteous —

Exodus 9:27 — And Pharaoh sent and called for Moses and Aaron, and said to them, "I have sinned this time. The Lord is righteous, and my people and I are wicked. (NKJV)

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7. God is Truth —

Deuteronomy 32:4 — He is the Rock, His work is perfect; For all His ways are justice, A God of truth and without injustice; Righteous and upright is He. (NKJV)

8. God is Pure —

1 John 3:3 — And everyone who has this hope in Him purifies himself, just as He is pure. (NKJV)

9. God is Spiritual —

John 4:24 — God is Spirit, and those who worship Him must worship in spirit and truth." (NKJV)

10. God is Immutable —

Malachi 3:6 — "For I am the Lord, I do not change; Therefore you are not consumed, O sons of Jacob. (NKJV)

11. God is Eternal —

Genesis 21:33 — Then Abraham planted a tamarisk tree in Beersheba, and there called on the name of the Lord, the Everlasting God. (NKJV)

1. The Law is Good —

Romans 7:12 — Therefore the law is holy, and the commandment holy and just and good. (NKJV)

2. The Law is Holy —

Romans 7:12 — Therefore the law is holy, and the commandment +holy and just and good. (NKJV)

3. The Law Is Just —

Romans 7:12 — Therefore the law is holy, and the commandment holy and just and good. (NKJV)

4. The Law is Perfect —

Psalm 19:7 — The law of the Lord is perfect, converting the soul; The testimony of the Lord is sure, making wise the simple; (NKJV)

5. The Law is Love —

Romans 13:10 — Love does no harm to a neighbor; therefore love is the fulfillment of the law. (NKJV)

6. The Law is Righteous —

Psalm 119:142 — Your righteousness is an everlasting righteousness, And Your law is truth. (NKJV)

7. The Law is Truth —

Psalm 119:151 — You are near, O Lord, And all Your commandments are truth. (NKJV)

8. The Law is Pure —

Psalm 19:8 — The statutes of the Lord are right, rejoicing the heart; The commandment of the Lord is pure, enlightening the eyes; (NKJV)

9. The Law is Spiritual —

Romans 7:14 — For we know that the law is spiritual, but I am carnal, sold under sin. (NKJV)

10. The Law is Immutable —

Matthew 5:18 — For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled. (NKJV)

11. The Laws is Eternal — The letter of the law is the 10 literal commandments.

Psalm 111:7-8 — The works of His hands are verity[a] and justice; All His precepts are sure. They stand fast forever and ever, And are done in truth and uprightness. (NKJV)

Letter of the Law - The Letter of the Law is the 10 literal commandment written on stone. This is what the commandments literally mean. Room for interpretation is very small, the text says it all.

1.

Exodus 20:3 — "You shall have no other gods before Me. (NKJV)

2.

Exodus 20:4 — "You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments. (NKJV)

3.

Exodus 20:7 — "You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes His name in vain. (NKJV)

4.

Exodus 20:8-11 — "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it. (NKJV)

5.

Exodus 20:12 — "Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you. (NKJV)

6.

Exodus 20:13 — "You shall not murder. (NKJV)

7.

Exodus 20:14 — "You shall not commit adultery. (NKJV)

8.

Exodus 20:15 — "You shall not steal. (NKJV)

9.

Exodus 20:16 — "You shall not bear false witness against your neighbor. (NKJV)

10.

Exodus 20:17 — "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's." (NKJV)

2. **The lust of the flesh**

3. **To know to do good, but not doing it**

1.4 Generational Curse

1.5 Pagan Holidays Disguised as Christianity

Christmas

Halloween -

"New Year's"

1.6 A Heart of Stone

A hardened heart is formed from a lack of love. When a child has the inability to feel loved, that does something to that child. The heart of that child grows cold, and hurtful comments during this crucial stage in life can also cause the heart to become wounded. The heart is fragile in early stages in life, and "out of the abundance of the heart his mouth speaks.". This is what creates life or death.

Matthew 15:11 — Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man." (NKJV)

You see, a lot of the chronic diseases, mental conditions people struggle with, actually stems from the condition of the heart. How many times do you see a super happy person with poor health? Or how many times do you see a super negative person with excellent health? (this goes beyond religion / faith) Almost never. The gift of feeling loved as a child is a blessing from God, and from that, life will flourish. So what happens when a heart is hardened?

Psalm 95:8-10 — "Do not harden your hearts, as in the rebellion, As in the day of trial in the wilderness,

When your fathers tested Me; They tried Me, though they saw My work.

For forty years I was grieved with that generation, And said, 'It is a people who go astray in their hearts, And they do not know My ways.' (NKJV)

Hebrews 12:15 — looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; (NKJV)

A hardend heart actually opens up the door for demons to infiltrate your "house" which is your body. Your body consist of the a physical body, but also a mental "body" or health (your well-being). We saw the case with this earlier, when analyzing the case of king Saul. He became possessed because he rebelled and hardened his heart. Things such as coldness, stubbornness, bitterness, envy and unforgiveness are key characteristics of a hardened heart, wether you realize it is present in your life or not, what are you holding onto? The solution to getting rid of the heart of stone, is to receive a new heart of flesh via a transplant. Look more at this in Chapter 4: Blood Oath, Washed in the Blood. This "transplant" is important either way, wether you felt loved as a child or not, because all of us humans carry a carnal nature that needs to be buried, that is, the new covenant which applies for us today.

Galatians 5:17-25 — For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. But if you are led by the Spirit, you are not under the law.

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. (NKJV)

Chapter 2

Different Types of Demonic Bondages and Possession

We already saw how sin opened up the door to demonic possession. Now we will look closer at the different types of spirits operating behind the opened doors. The first four spirits are the ones that are the most common and plague the most people who have opened doors to the enemy. The enemy is very flexible and deceptive in the way he manipulates God's created beings on Earth: Tossing them emotionally around, casting diseases, breaking marriages, keeping people in addiction / bondage, ultimately killing them and dragging them with himself to the pit of fire. To understand how some of these "sicknesses" can be evil spirits, you have to know that there are 2 elements to certain diseases and most certaintly chronic diseases. You have the physical element, for example bad bacteria, but you also have the spiritual element, a demon inside of you conjuring up this chronic illness often through infections, circumstances and then suppressing your ability to naturally heal. Now, before I go over the diffrent types of spirits, it's crucial to remember that not everything is an evil spirit. Things like trauma and childhood sores are not evil spirits, however, they make a person susceptible to demonic possession by the way the circumstances shape them, they're more prone to open doors later in life. However, often times more factors are at play, like generational curses, is there a genetic vulnerability of alcoholism in the family etc. God can heal wounds that aren't evil spirits and it can look like a an exorcism, but really it's just God healing their (spiritual) hearts. A lot of sicknesses and birth defects can also be linked to the result of the fall of man, but God ultimately restores everything on the new earth.

2.1 Spirit of Harlotry

This is a very common spirit to keep people in bondage and in the cycle of repeated sin, breaking marriages and ruining lives. The media is filled with lewd content, and the devil uses this to drag people down into perdition. The Bible says that he who sins sexually, sins against his own body. This spirit's strategy is to keep you bound to one or more of the following sexually immoral sins:

- Lust
- Pornography
- Fornication
- Adultery
- "Work spouse"
- Emotional affairs
- Sexual fantasy

- Homosexuality
- Transgenderism
- Masturbation

Hosea 4:12 — My people ask counsel from their wooden idols,
And their staff informs them.
For the spirit of harlotry has caused them to stray,
And they have played the harlot against their God. (NKJV)

2.2 Spirit of Infirmity

Any long-term chronic disease can almost always be traced back to a spirit of infirmity. Yes, it is possible to heal from certain diseases through medicine and alternative ways — God can use doctors — but sometimes healing requires prayer, divine interference, and casting out demons along with medical support. Medication is supposed to help a person heal, not keep them dependent like a drug. If a person is dependent on something to keep them in health, you can bet it's most likely a demon behind it.

Even diseases there are no cure for, or some pain that will not go away and the doctor cannot explain why it is there, are crucial signs of a spirit of infirmity.

Examples of spirit of infirmity:

- Cancer
- Diabetes
- High blood pressure
- Autoimmune disorders
- Depression
- Asthma
- Irritable bowel syndrome
- Bipolar / Schizophrenia
- Chronic yeast overgrowth
- Chronic eye problems
- Tooth decay
- Chronic stuffy nose
- Misalignments

Luke 13:10–13 — Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are

loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. (NKJV)

2.3 Spirit of Bondage

This is a spirit meant to keep you from your purpose and destiny. This spirit makes you addicted to things you do not want to do, but you keep doing because they are a form of medication for your real problem. This spirit is a counterfeit medication to fill the void in your heart — that void being your need of a personal relationship with the Most High.

Examples include:

- Gaming addiction
- Alcohol addiction
- Drug addiction
- Addiction to sexual immorality
- Cultivating lucid dreams (also demonic)
- Social media addiction
- YouTube and Television addiction
- Obsession with looks and clothes
- Obsession with working out and eating
- Any hobby in your life that surpasses Yahweh
- Any obsession or passion that has higher priority than our relationship with the Most High

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Romans 8:15 — For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." (NKJV)

Exodus 20:2 — I am the Lord *your God, who brought you out of the land of Egypt, out of the house of bondage. (NKJV)*

2.4 Spirit of Pride (Precursor to the Spirit of Wrath)

The most dangerous sin to have is pride, and opening the door for the spirit of pride to conjure up inside of you. This spirit makes you look down on others, especially in the form of outward appearance. This spirit makes you the center of everything. It is the main spirit behind narcissism and psychopathy.

This was the precursor to Cain's fall, who opened the door through sin and was eventually possessed by a spirit of wrath by the devil himself (Ecclesiastes 7:9; Revelation 12:12; 1 John 3:12; Genesis 4:5–6).

Proverbs 16:18 — Pride goes before destruction,
And a haughty spirit before a fall. (NKJV)

2.5 Spirit of Slumber

This spirit is a two egde sword, the first characteristics of it, is that people who are possessed by it, will brush off signs, wonders and miracles from God that they see with their very own eyes, and won't listen to people who talk to them about Yahweh. It's like a spiritual fog, that they can't see God's ways and presence. The second characteristics of this spirit, is that it makes you tired, lazy, weak in the spirit. When you're full of energy, and the moment you decide to try to read the bible or pray, you feel like not doing it, like there is some resistance, because this spirit wants to keep you far away from anything that has to do with God. Not to be confused with the flesh. Our flesh can also make us weak in the spirit if we don't crucify it. But once you've slain the flesh, and you want to draw nearer to God, and you feel like there's some blockages, you feel like your prayers don't reach heaven, then this spirit might be the cause.

Romans 11:8 — According as it is written, God hath given them the spirit of slumber, eyes that they should not see, and ears that they should not hear;) unto this day. (NKJV)

2.6 Religious / Deceiving Spirit

This is motion of religion without having a relationship to the Father and the Son. Lacking the discernment of the Holy Spirit results in a blinding religious spirit that blocks the blessings from God. You think you are saved, but in reality this spirit is blinding you. This spirit is often accompanied with other forms of spirits, mainly the first three spirits mentioned. This is a form of bondage and a counterfeit to God's true Spirit.

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1 Timothy 4:1–5 — Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons, speaking lies in hypocrisy,

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2.7 Spirit of Fear

When you're not walking with Christ, and you subconsciously know that if you were to die today, you'd not make it to the kingdom, this spirit creeps on in, and because you're scared of this salvation question, instead of turning to Christ, you try to escape to other things to get your mind off of this problem, opening doors to other spirits. This spirit often plagues children and people who don't know a lot about Jesus, it plays on ignorance, because once you know your weapons this spirit can't haunt you. When you are truly washed and born again, this spirit is likely not to plague you, because you can be assured in your salvation. It can still inflict doubt to you, discourage you but that's when you got to quote scripture against it, and rebuke it in Jesus' name.

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2. Timothy 1:7 — For God has not given us a spirit of fear, but of power and of love and of a sound mind. (NKJV)

2.8 Spirit of Death

The final destination of eradicating anyone that does not have God's protection over their life. You need to have a revelation with Jesus Christ, that he may have mercy upon you and purchase, redeem you with His blood. If not, the devil doesn't mind taking you out. This can be in the form of demons setting up a car crash accident, killing you in your sleep with sleep paralysis, violence, deadly disease etc.

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*John 10:10 — The thief does not come except to steal, and to **kill**, and to destroy. I have come that they may have life, and that they may have it more abundantly. (NKJV)*

2.9 Spirit of Divination

a spirit used to deceive people with false doctrines / truth mixed with error. For example, believing in Jesus and at the same time believe in law of attraction. Making demons play out the future. Associated with the practice of witchcraft.

Acts 16:16-18 — Now it happened, as we went to prayer, that a certain slave girl possessed with a spirit of divination met us, who brought her masters much profit by fortune-telling. This girl followed Paul and us, and cried out, saying, "These men are the servants of the Most High God, who proclaim to us the way of salvation." And this she did for many days. But Paul, greatly annoyed, turned and said to the spirit, "I command you in the name of Jesus Christ to come out of her." And he came out that very hour. (NKJV)

Chapter 3

Relationship to the Father, the Son, and the Holy Spirit

Many people confuse what God is. My best explanation is that God is a "rank", and consists of 3 separate bodies. Many people might say that if God is 3 bodies, then He isn't one God. If they want to believe that, then fine. My explanation on how God is refereed to as one, is because the Holy Spirit, the Father and Jesus Christ all serve their roles in the tasks they perform. For example, in the task of God communicating with a human on planet earth. the Holy Spirit or the moral compass of a person is what allows them to feel the intuition (in terms of thoughts and feelings) of what the Father is trying to tell the person. Jesus is the mediator or the bridge between the Father and the person.

John 14:6 — Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me. (NKJV)

As opposed to other polytheistic religions, they often have a god for specific things. Such as, a god of the ocean, or the god of love. These are separate gods, that reign supremacy in a particular area in life. The trio in the biblical God, does not split or separate and just serve in one specific area. For example, when receiving forgiveness of sin, there is not just one god that has the title, "forgiveness of sins", and handles all of the processes. They all work together in this process, the Holy Spirit convicts a person of their sin, Jesus Christ atones for the sin, and the Father forgives the sin. They are all present in this process, there is not just one god who does all of the processes. Scripture to back up my claims:

1. the Holy Ghost convicts us of sin.

John 16:8 — And when He has come, He will convict the world of sin, and of righteousness, and of judgment: (NKJV)

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2. Jesus atones for our sin.

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1. John 2:2 — And He Himself is the propitiation for our sins, and not for ours only but also for the whole world. (NKJV)

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3. the Father forgives the sin.

Matthew 6:14-15 — "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. (NKJV)

Now we will look at the different functions, and how our relationship to God differs to each person in the Godhead.

3.1 Functions of the Father

1. Missions and messages comes from the Father.

Matthew 24:36 — "But of that day and hour no one knows, not even the angels of heaven, but My Father only. (NKJV)

From this verse, it becomes apparent that there are "certain things" that nobody knows, except the Father.

Matthew 7:21 — "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven. (NKJV)

The will of who? Jesus is very specific, it is the will of the Father, who permits a person into heaven. Namely, what the Holy Spirit is trying to message / tell you, and that message, originates from the Father.

John 6:39-40 — This is the will of the Father who sent Me, that of all He has given Me I should lose nothing, but should raise it up at the last day. And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day." (NKJV)

Romans 10:9 — that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. (NKJV)

John 14:26 — But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. (NKJV)

This tells us that out of the 3 persons in the Godhead, only the Father sits with the full revelation and the perfect will for your life. Doing the will of the Father is doing what he has told you to do, He will send The Holy Spirit to you, through the acceptance of Christ being resurrected from the dead, to communicate His (the Fathers) will.

2. The Father sustains the world.

Matthew 6:26 — Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? (NKJV)

Psalm 55:22 — Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved. (NKJV)

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3. He is the one who sends the Holy Spirit to people.

John 14:26 — But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. (NKJV)

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4. He is the one who gives us good gifts and blessings.

James 1:17 — Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. (NKJV)

3.2 Our Relationship to the Father

When we pray, we primarily pray to the Father and give thanks to the Father in Jesus' name.

Matthew 6:9 — In this manner, therefore, pray:

Our Father in heaven, Hallowed be Your name. (NKJV)

We worship the Father.

John 4:23-24 — But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth." (NKJV)

We can't come to the Father except through His son, Jesus Christ.

John 14:6 — Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.(NKJV)

3.3 Functions of the Son

Jesus is the mediator, or the brigde between us and the Father.

John 14:6 — Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.(NKJV)

Jesus is the eternal atonement for sin and our savior.

Hebrews 9:12 — Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption. (NKJV)

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1 John 4:14 — And we have seen and testify that the Father has sent the Son as Savior of the world. (NKJV)

Jesus is our High Priest (meaning, He now atones for our sins in the Heavenly Sanctuary).

Hebrews 4:14-16 — Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. (NKJV)

He is our intercessor (He prays and defends on the behalf of us).

Romans 8:34 — Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. (NKJV)

He is our advocate. He defends us against the claims of the devil also known as Satan.

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1. John 2:1 — My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. (NKJV)

He will later become our judge.

John 5:22 — For the Father judges no one, but has committed all judgment to the Son, (NKJV)

Evidence points to the fact, that Jesus also possesses the "archangel" role (controversial, I don't claim Jesus is an angel by all means).

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1 Thessalonians 4:16-18 — For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words. (NKJV)

John 5:26-28 — For as the Father has life in Himself, so He has granted the Son to have life in Himself, 27 and has given Him authority to execute judgment also, because He is the Son of Man. 28 Do not marvel at this; for the hour is coming in which all who are in the graves will hear His voice (NKJV)

Jesus is the "King" of the universe.

Colossians 1:16-17 — For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him. And He is before all things, and in Him all things consist.

He is part of the Creators of the universe (alongside the Father and the Holy Spirit).

John 1:1-4 — In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men.

3.4 Our Relationship to the Son

Our faith comes from words of Christ (NIV). So when we read the word (the bible) and hear it in church etc. it creates faith in us.

Romans 10:17 — Consequently, faith comes from hearing the message, and the message is heard through the word about Christ. (NIV)

We who believe and confess the Son, have eternal life.

John 3:36 — Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on them. (NKJV)

Romans 10:9-10 — If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

Christ is the head of the church, we are the body of the church.

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1 Corinthians 12:27 — Now you are the body of Christ, and each one of you is a part of it. (NKJV)

Ephesians 5:23 — For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. (NKJV)

3.5 Functions of the Holy Spirit

The Holy Spirit is our Helper. He is also referred to as He in this verse, which is crucial, because that means the Holy Spirit is a person.

John 14:16 — And I will pray the Father, and He will give you another Helper, that He may abide with you forever— (NKJV)

Convicts us of Sin. If the Holy Spirit convicts us of sin, then we can know that it is His consciousness that speaks to us.

John 16:8 — And when He has come, He will convict the world of sin, and of righteousness, and of judgment: (NKJV)

If we search our hearts, we will know or get insight into the mind of The Holy Spirit, and if we do this, He (the Holy Spirit) will intercede for us.

Romans 8:27 — Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. (NKJV)

The fruits of the Spirit.

Galatians 5:22-23 — But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

3.6 Our Relationship to the Holy Spirit

Praying in the Spirit. We are to listen and pray for the things the Holy Spirit speaks to us about. Remember, for those who search their hearts, the Holy Spirit will go into intercession for.

Jude 20 — But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, (NKJV)

On the contrary, we are not to quench the Holy Spirit, because if we do, the Holy Spirit's voice will become less and less in our life, the reason for this is free will. God can not force us to want to follow or listen to him.

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1 Thessalonians 5:19 — Do not quench the Spirit. (NKJV)

3.7 What God has in Store for his Children

1. Prosperity

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1 Corinthians 2:16 — For "who has known the mind of the Lord that he may instruct Him?" But we have the mind of Christ. (NKJV)

Mark 11:24 — Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. (NKJV)

Matthew 7:11 — If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him! (NKJV)

Psalm 112:1-2 — Praise the Lord!
Blessed is the man who fears the Lord, Who delights greatly in His commandments.
His descendants will be mighty on earth; The generation of the upright will be blessed. (NKJV)

Psalm 84:11 — For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly. (NKJV)

2. Protection

Psalm 27:5 — For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. (NKJV)

Psalm 23:4 — Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. (NKJV)

3. Spiritual Gifts

1 Corinthians 12:4-11 — There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all. But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills.

4. Eternal life

John 3:16 — For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (NKJV)

Isaiah 35:5-6 — Then the eyes of the blind shall be opened, And the ears of the deaf shall be unstopped. Then the lame shall leap like a deer, And the tongue of the dumb sing. For waters shall burst forth in the wilderness, And streams in the desert. (NKJV)

Isaiah 11:16 — "The wolf also shall dwell with the lamb, The leopard shall lie down with the young goat, The calf and the young lion and the fatling together; And a little child shall lead them. (NKJV)

Conclusion: The Trinity is like a human body, it consists of 3 organs, without each other, a Christian can't fulfill his walk with God. Trinity for a believer is as important as a brain for a human body.

Chapter 4

Blood Oath, Washed in the Blood

4.1 Out of Bondage

Satan's number one strategy to destroy humanity is slavery, he is a spiritual pharaoh. As God is dragging on you in life, you will realize that whatever you're bound to, isn't fulfilling you. It is only medicating the inner, empty condition of your heart. Look at Spirit of Bondage for more details about what could be "your god" in your life, and Breaking the Addiction for practical steps on how to loose yourself from whatever "god" you're bound to.

Follow your intuition — As you progress and never reach satisfaction but only an emptiness deep, deep inside of you with your goals in whatever "god" you're cultivating in life, despite the results you achieve. Your intuition will tell you that something is wrong.

Mark 8:36 — For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? (NKJV)

That intuition that tells you something is wrong, is God trying to tell you, and lead you to Him. If you openly express this intuition or "feeling" to other people, they will try to brush it off, and tell you to not think about it, and find something else that can give you joy, wether that be something as innocent as fishing or trying out a new sport. It's all a distraction and Satan's mission to keep you away from what God is trying to tell you, and lead you, because we live in dark, dark world.

4.2 Redemption

As you ignore people, and learn to trust your intuition and what God is trying to tell you. You will reach a point of redemption. To bring the Bible into this, we can think about Moses and Jesus. Moses was a type of Christ. He came to set the captives free from slavery. To free them from Egypt, a system of oppression. First he had to convince his own people that He wants to lead them, and deliver them from this oppression, that his people are content with, because they are blinded by this system they're in. They think they have it good, but in reality, they are slaves! They had to accept Moses, to want him to lead them, and follow him. So it is with us living today. We have to accept Jesus as our Lord and savior, and want to follow him. As the Israeli people follow Moses, they are guided out of bondage, but Pharaoh doesn't want to let his slaves go. So he hardens his heart and chases after them, once they've (Israel) left. So it is with us too, when we follow Jesus, the devil becomes furious, and he does everything in his will to destroy the path you're on. He will send agents in your life, to drag you down, and to pull you back into darkness. Confuse your dreams, give you intrusive thoughts. Give you withdrawal symptoms to whatever you're quitting, so that you can fall back into his entrapments. Look at "Entrapments of the Enemy, How to Spot them and Counteract, Practical Examples" for practical

information about how the devil operates in our world today, and the traps he sets up for you to fall in, so you won't experience freedom. However, as the Israel people persist, and you persist in this fight, you will reach a point of withdrawal, deliverance.

4.3 Deliverance

Deliverance is the act of being set free or rescued from danger, evil or pain. Jesus came to deliver us from the house of bondage.

Exodus 20:2 — "I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage.

For us living today, this can happen before or after baptism, depending on what order God chooses for you. In the new testament, Jesus healed the sick and expelled demons out of people. Jesus said:

Mark 16:15-18 — And He said to them, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

This applies to us today as well, and it can be any form of bondage. He can deliver us from anything. Whether that be an addiction, a chronic sickness look at Spirit of Infirmity, or any other evil spirits (Demonic Bondages for more details).

Steps to experience deliverance, include:

1. Acknowledging, accepting and believing that Jesus is the Son of God, our Lord and Saviour.

2. Renouncing

3. Confessing

4. Turning away from sin.

5. Getting baptized.

If you've done all of these steps, yet there's a chronic physical ailment that still lingers. This can fade over time, as God heals you, restores you and shows His satisfaction in you. This physical ailment should not even bother you anymore, yes God can heal that, but with the new heart (spoiler alert), comes new ambitions, new desires, and a new way you look at life (no joke).

4.4 Salvation

Acts 16:31 — So they said, "Believe on the Lord Jesus Christ, and you will be saved, you and your household."

There's a difference between beveling on Jesus, as in he "exits", and then believing on Him, in the sense that you have faith in Him. What I mean by faith, is that you believe in a way, that makes you act on it. You take steps to live the life He has designed and in store for you. Wether that includes giving things up, or taking steps to experience freedom.

In my personal opinion, salvation is already set when:

1. You acknowlegde Christ as Lord and Saviour
2. You want, from all of your heart to follow Him (even though it may seem dark, and you constantly fall or are embedded in any of the devils entrapments)

   Because of this:

   Ephesians 2:8-9 — For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. (NKJV)

   Of course, there should be one more criteria to "seal" the salvation, that is the new covenant, that was established after Jesus died.
3. Baptism

4.5 Baptism

I need to be honest. For a long time I thought that living in the world meant that we had to live in a constant fight and flight state with sin. I was baptised as a baby, in 2023, 2025 and 2026. After my last (4th) baptism, my view on this "state" changed.

Acts 2:38 — Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. (NKJV)

Here, Peter states that, for a biblical baptism. We ought to repent, then be baptized, then we will receive the "gift" of the Holy Spirit.

Ezekiel 36:26-27 — I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them. (NKJV)

From these two verses, we can gather that the new covenant is that God will put a new heart and spirit within us. I personally believe that the "gift" of the Holy Spirit it is talking about here, is the new heart. Peter states that we ought to repent prior to our baptism.

James 5:16 — Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. (NKJV)

I would go as far to say that, we should confess our sins, write it down on a piece of paper, bring our "hidden sins" into the light. Read it up to our brothers or sisters in Christ that is going to baptize us, bury and wash of the old man.

John 3:19-21 — And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God." (NKJV)

This is a crop from when Jesus was talking to Nicodemus, about "the new birth". A transformation should happen after baptism. Jesus said we are done in God after we come to the light.

Colossians 3:9-10 — Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him, (NKJV)

When we put on the new man (the completion of the Holy Ghost), and receive a new heart, we don't have the will to sin anymore. We receive the compassion, honesty and agape love that Jesus showed to us. Out of the completed and cleansed condition of the heart, the mouth will speak life, and produce "good fruits" in our life.

Chapter 5

Sanctification, Wisdom, Purity and Renewing of the Mind

Part of become "Christ-like" is the process of letting God always sanctify us.

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1 Thessalonians 5:23 — Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. (NKJV)

In this chapter, I will go over wisdom and ways God has and does sanctify me in my life.

5.1 Surrender and Repenting

Surrendering, not chasing after our own profit anymore, letting God take control over the steering wheel, seeking and finding the true God:

Matthew 16:25 — For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. (NKJV)

Matthew 7:7 — "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. (NKJV)

Repenting for the sins in our lives, is part of sanctifying us. Repenting means that we turn away from the sins, and don't practice them anymore, this can be a process that takes time, but in the end will produce much fruit.

Romans 2:4 — Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance? (NKJV)

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2 Corinthians 7:10 — For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death. (NKJV)

5.2 Dying to the Flesh

A big reason why people open doors and portals for demons to torment them, is because they are not crucifying the flesh. The Holy Spirit is what seals you from being attacked by evil spirits, but when you allow the flesh to reign over your body, then you will fall into sin, because the lust of the flesh is the human sinful nature. Things like pride, envy, the lust of the eyes is what makes a human fall, and down the line, if they don't surrender and repent as talked about in the previous subchapter. They will find themselves lost, on the road to damnation, seeking for something in the world that satisfies their hearts, but ultimately only God can fulfill. So now you might be curious, how does one die to the flesh?

Step 1. Repent and be baptized. This happens usually once, rebaptism is appropriate if genuine repentance and confession of sins was not present at the baptism. Also, full submersion underwater is a must.

Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. (NKJV)

Step 2. Crucify the Flesh daily. Once you've been baptized and entered into the new covenant, sin doesn't automatically stop occurring. After a "correct" baptism, you should feel the following days, a restoration of love for others and sorrow, and sorrow for your past "life" or the "old man" that has now been buried. If you haven't already, you have to confess and apologies for the things the Spirit reminds you off to people you did bad deeds to in your old life. It's part of letting go of the old life, and it's a hard internal battle, but to experience true freedom, this is something you must do.

James 5:16 — Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. (NKJV)

You will have a strong desire to not sin anymore, however, you still have to deny yourself when temptation arises, this process will be much easier now than prior to the new birth. A good rule of thumb is to read the bible each morning and equip yourself with the Holy Spirit's protection, "pick up your cross and follow Him".

Lamentations 3:22-23 — Through the Lord's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. (NKJV)

Matthew 16:24 — Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. (NKJV)

5.3 Spending time with the Father

Personally, the way I "equip" myself with God, is to spend the morning with eating. That is, eating the "bread of life". I start the day with reading 1 chapter in the bible, this feeds the Spirit-man inside of me, the Holy Spirit. I feed him, treat Him and my temple, which He dwells in with solicitude, so that I can hear His voice, and He can protect me as I depart from my physical home, and enter into the dystopian world we all live in. Thus I also believe in eating healthy foods. I don't follow any vegan, vegetarian or ketogenic diet, I simply try to eat healthy. If you're curious on what I eat, I usually eat a combination of:

1. Chicken
2. Ground Meat
3. Cod and Salmon
4. Salt
5. Garlic
6. White Rice
7. Green Lentils
8. Chickpeas
9. Banana
10. Oranges
11. Natural Yoghurt
12. Blueberries
13. Chia seeds
14. Cinnamon
15. Kale
16. Spinach
17. Avocado
18. Extra Virgin Olive Oil
19. Bread
20. Cheese
21. Butter
22. Kefir

I pray a short prayer in the morning to the Father. To let me do His will, and not my own carnal will.

Luke 22:42 — saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done."

As I go about my day, I keep a positive attitude, and abide by the Spirit. I communicate with the Spirit as I go, letting Him remind me of any bible verse or things I should do, or say to people.

John 15:7 — If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. (NKJV)

I pray in tongues, letting the Spirit inside of me, give thanks to the Father, and the works He has done in my life. Also letting the Spirit inside of me, edify, sanctify and give me boldness.

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1 Corinthians 14:14-17 — For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding. Otherwise, if you bless with the spirit, how will he who occupies the place of the uninformed say "Amen" at your giving of thanks, since he does not understand what you say? For you indeed give thanks well, but the other is not edified.

When evening comes, that's when I spend time with the Father. I have gone the whole day working, talking to people, getting duties done, taking in a lot of expressions, opinions and information. All of this can really drag me away from God, corrupt my mind and the perfect will of the Father. Thus, I find it very important to spend time with the Father in the evening once the chaos of the day has calmed down.

Matthew 14:22-23 — Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away. And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

In my prayer in the evening to the Father, I talk to Him about things happening in my life, and that He leads me further in the path He has in store for me. I talk about difficult things I go through, and a sense of loneliness I feel by the fact that other people can't relate to me, and that I feel like I'm in a foreign world. I yearn to get back into the world I belong to, and that the world I belong to, is not here on this earth. I talk about the persecution I go through, and the demons haunting me, constantly trying to sabotage my life. I talk about a lot of difficult things, and give thanks for the good things He has done. I talk about the struggles I face, and that His work will continue in my life, and that He blesses me with good gifts, both here on earth (my earthly needs) and in heaven (the treasures I'm storing there), I also pray that He can continue to use me on this earth, to reach people, to pray for people, to help people and just show love despite all the resistance, the persecution and the evil forces i face from the second heaven. And most importantly, that He cleanses me from all unrighteousness by pleading His Son's blood over me, and that He continues to heal me by the stripes of His Son, the body of the Son. I pray all of these things in the name of the Son.

5.4 1. Humility

5.5 2. Don't Seek Validation from Others

5.6 3. Agape Love

5.7 Building up Your Spirit-man

When you want to be close to God, be in perfect communion and walk with Him, and have that glow and burning incense wherever you go, conquering temptations, walking in humility and producing the fruit of The Spirit. You need to have the right mindset. You shouldn't strive or desire the side effects, you should want the communion with the Father. In order for you to come to God, you have to follow the subchapters before this one. Once you've completed those steps, then you can humbly come to the Lord, and ask for an outpouring of the Holy Spirit, to fill you up. Then, the Father, through Jesus Christ, will send forth a larger portion of the Holy Spirit into you, because you've repented, denied yourself and given Him free will to give it to you by asking Him. As the Spirit is now entering you with a larger portion, you have to obey Him (The Holy Spirit) in order for Him to stay there with the same quantity of anointing the Father poured into you. If you want Him to stay there, you can't cage Him into your preferences, as harsh as it is, you now live for Him, not for yourself. If He tells you to do something, you have to do it, otherwise little by little, the clarity of His voice will diminish. In order to stay disciplined and dissolve your own ways above His ways, you have to spend time with the Father. Don't let the noise around you corrupt your burning incense. Once you feel like the burning oil in the lamp is wearing off, you have to depart and spend time with the Father alone in prayer, just like Jesus did.

Matthew 14:23 — And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. (NKJV)

By doing this you will feel like God is always with you, and you're in communion with Him. As controversial as this may sound, you can feel God's presence with you, and when you feel that He is with you, you can know for sure that you're on the right track. I'm not saying that you can feel your salvation, because salvation is not a feeling, it's a promise based on the attitude and thoughts of your heart. You can have a sin in your life and still be saved, even though you don't feel it, because in your heart, you want change. However, by feeling God's presence with you, you will feel strong in the Spirit, but this can wear off. One night you may feel like you went to bed strongly with the Spirit, but when you wake up, you feel like the presence of God has been substantially diminished, and your fleshly desires come to surface in the morning. You might feel groggy and lazy, and too lazy to pray and read the Bible. My theory on why this happens is because when x amount of time has passed by since you gave food to the Spirit, the Spirit is hungry too, and thus not as strong. So when you wake up from a day to another, a lot of time has passed by, and the Spirit is hungry. The bible says in

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John 6:35 — And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst." (NKJV)

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and in

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1 John 1:1–4 — That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning the Word of life— the life was manifested, and we have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us— that which we have seen and heard we declare to you, that you also may have fellowship with us; and truly our fellowship is with the Father and with His Son Jesus Christ. And these things we write to you that your joy may be full. (NKJV)

From these verses, we know that Jesus is the Word of life incarnated. So the food that will satisfy, not us, but the Spirit living inside of us, is the Word of God, in other words the Bible. So when we read the Bible, or listen to a sermon, or a Spirit-filled speech, in conjunction with worship and intimacy with the Father in prayer (Communicate: what does He want to tell you today?), because we both glorify and spend time with the Father, and read His Word, we will as a side effect feed the Holy Spirit food, and He will become strong in us again. That's why it's important to dedicate time, especially in the morning, to build up your spiritman before you leave your physical house, apartment, and go out into the world, to be equipped to walk in purity and do the will of the Father.

5.8 Semen Retention

A man carries life essence. Remember reading how the virgin Mary came with a child from the Holy Spirit? This is the key reason why Jesus was sinless — He was not conceived by a human, because in the seed of man is also the continuation of the sinful nature.

Psalm 51:5 — Behold, I was brought forth in iniquity, And in sin my mother conceived me. (NKJV)

However, When a man retains his life energy, he retains vitamins, minerals, proteins, zinc, neurotransmitters and spiritual essence. In the modern world, men are told to constantly release, to expel, to give away this energy through every form of stimulation and instant gratification. God designed the male body to be a vessel. When God created Adam, He breathed life into him:

Genesis 2:7 — And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being. (NKJV)

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that breath, that life force, is connected to everything in his body. Including what modern medicine dismisses as just biological fluid. The enemy knows the power in retention, that's why the modern world pushes constant sexual release through every screen, every advertisement, every message, to keep men weak, depleted and distracted.

Matthew 6:22–23 — The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! (NKJV)

This applies to what men allow into their minds through their eyes. The beginning of retention, is the decision to stop feeding the mind poison, and honoring the body as a temple for the Holy Spirit.

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1 Corinthians 6:18 — Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. (NKJV)

A man who has spent years of his life in frequent ejaculation has burned out his dopamine receptors — this is the same pattern seen in drug addiction. The brain does not distinguish between types of addictions, whether a substance or behavior; getting free and restoring the dopamine receptors is a part of renewing the mind. When breaking the addiction of sexual release, a man makes new pathways, and in the process, he will experience his body fighting against him. This is where he has to learn to separate the feeling of arousal from the need to release. By cultivating and practicing self-control, he will make new pathways stronger than the old ones. Through the beginning phase, he will face struggles such as nights of difficulty, poor sleep, and moments of temptation.

During ejaculation, the sympathetic nervous system (fight or flight) is activated, but retention activates the parasympathetic system (rest and healing). Thus, when a man retains, he feels calmer, more grounded, more present, and not constantly in a state of stress response.

After breaking the addiction, comes a period of detoxification. Frequent ejaculation can be associated with the accumulation of toxins, stopping may bring a phase of headaches, irritability, stomach aches and trouble sleeping. Therefore a man has to take care of his body by eating clean foods, drinking water and going for small fasts during this period. This is the body resetting itself; in the start it's hard, but afterwards it gets easier and clarity comes. After pushing through this period of detoxification, increased vitality will follow: hormonal changes; testosterone stabilizing at higher levels; DHEA increasing; growth hormone optimizing. A man will feel like he has woken up from a fog and will have new energy to pursue his purpose.

Proverbs 31:3 — Do not give your strength to women,
Nor your ways to that which destroys kings. (NKJV)

This was a warning to kings to preserve their vital life force energy: a king who was constantly depleted could not lead effectively, think clearly, or access wisdom to lead their people effectively. This vital energy can be used for creation, provision, protection and leadership. A man should use it for businesses, education, art, physical training and serving their community.

The next attributes a man will experience as he retains his seed are magnetism and presence. People will start to notice, because something about him has changed. His energy field will expand; when sexual energy is retained and circulated through the body it creates a bioelectric field — the body's electromagnetic field.

Matthew 5:14–16 — You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven. (NKJV)

As a man retains, his light will grow brighter. People are drawn towards it, especially women, because the feminine is naturally attracted to the masculine when the masculine is full of retained power. This is divinely designed, but men have to be careful of ego at this point: men can become prideful and use this power to manipulate rather than serve God.

Matthew 25:40 — And the King will answer and say to them, "Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me." (NKJV)

A part of serving God is serving man. When men reach the point of magnetism and presence, they are put to the test: Will they use this increased power for selfish gain, or for kingdom purposes? A righteous man will use this power to serve, to lead with integrity, and point others towards God rather than toward himself.

As the months go by, and a man is spending time with God through this period, he will notice enhanced intuition and spiritual awareness. His pineal gland will start to activate. The pineal gland is the bridge between physical and spiritual; when sexual energy is directed upward through the spine, instead of expelled outward, it feeds the pineal gland and activates dormant regions of the brain.

Joel 2:28 — "And it shall come to pass afterward
That I will pour out My Spirit on all flesh;
Your sons and your daughters shall prophesy,
Your old men shall dream dreams,
Your young men shall see visions." (NKJV)

This isn't just about the day of Pentecost and receiving the Holy Spirit. This is also a part of what happens when people learn to steward their bodies correctly. The dreams, visions and prophetic insights come more easily when the body is full of vital force, rather than depleted. Men at this time will experience synchronicities, moments of clarity, enhanced creativity and pathic connection with others. This is what humans were originally designed to experience. Adam walked in constant communion with God; his intuition was perfect and his discernment was clear. Retention is part of restoring that connection with God. However, spiritual experiences must be tested (see chapter 8 on discernment); retention has to be paired with time in God's Word, otherwise a man can be deceived by an inflated sense of spiritual importance. Men can go off the rails at this point thinking they are prophets or enlightened beings, when really they just accessed some spiritual energy without the character and wisdom to steward it.

The last attributes a man will experience on retention are spiritual embodiment and transmutation. This stage comes after a minimum of 100 days of complete retention (for some men it can take longer). The seed completes its cycle: it transforms from gross physical matter to refined spiritual essence. Men at this stage will carry weight, authority and grace — not an egotistical authority, but an authority that comes from alignment with divine purpose.

Romans 12:1–2 — I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (NKJV)

That is what transformation looks like. When a man offers his body and his sexual energy as a living sacrifice, he is transformed. The renewing of the mind happens. He will begin to think differently, feel differently, operate differently. These men move through the world with a tangible presence: when they speak, people listen; when they pray, things shift; when they walk into broken situations, healing follows. This is the power God intended for His sons — not power to dominate or control, but power to serve, to heal, to restore, to create. The balance between the masculine and the feminine are within these men: it contains both strength and tenderness, both power and gentleness, and retention helps restore this balance. At this stage, every action a man takes carries greater weight; his words have more power; his prayers are more effective; his presence brings more peace. This is not about these men being special; it's about them operating the way God intended for a man to be from the beginning.

With greater power comes greater responsibility. Men who at this stage fall into judgment and spiritual pride, looking down upon others who are not on this path, and becoming harsh and condescending, pervert the gift. If a man reaches this level and responds with anything but humility and compassion, he has missed the entire point. The purpose of retention is service. If it's not used to lift others, heal others, serve others, then that man has just become a more refined version of selfish.

Luke 12:48 — But he who did not know, yet committed things deserving of stripes, shall be beaten with few. For everyone to whom much is given, from him much will be required; and to whom much has been committed, of him they will ask the more. (NKJV)

These men are being given much, and will be held accountable for how they use it: Will they use their vitality to create beauty? Will they use their magnetism to serve? Will they use their spiritual awareness to point others towards Jesus? Or will they hoard it all for themselves? The reason why this teaching has been lost in the western church is because the enemy knows how powerful it is. If Christians knew this and stopped wasting their seed on pornography and casual sex, and learned to retain and transmute this energy, they would become unstoppable. They would have the vitality to pursue their God-given purposes. They would have the magnetism to draw others to the kingdom. They would have the spiritual awareness to hear God's voice clearly and move in His power. In modern culture, men are exhausted, addicted, depressed, anxious and lacking purpose. That is not an accident — it is warfare to keep men depleted, unable to fight the good fight. In their addiction, they won't seek God; in their shame, they won't walk in their authority. Retention is not the magical solution to everything, but one of the foundational keys to men stewarding their bodies as God's temple. Retention has to be accompanied with prayer, worship, studying the Word, and serving others with emotional maturity. Retention alone can just create a man with more energy to sin, but retention combined with devotion to God creates a man who can change the world.

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1 Thessalonians 4:3–4 — For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor. (NKJV)

Learning to control the body includes learning to control sexual energy — that is part of sanctification, part of becoming holy; not because sex is bad, but because sexual energy is so powerful that it must be stewarded with wisdom.

Studies suggest that semen contains nerve growth factors that can create new neurons when retained in the body, instead of expelled:

- Nerve growth factors and neurogenesis (NIH/PMC).

Studies on semen and hormone optimization:

> "Rete testis fluid carrying testicular sperm into the epididymis is rich in dehydroepiandrosterone and testosterone, while plasma from cauda epididymis surrounding sperm, which have completed maturation, contains high levels of progesterone, dihydrotestosterone, testosterone, 5-androstene-3β,17β-diol, and dehydroepiandrosterone. Substantial amount of steroids enter the epididymis in rete testis fluid, but little is found in plasma from cauda epididymis."

- Steroid hormones in human semen (ResearchGate PDF).

Studies on the benefits of avoiding pornography:

- Rebooting experience as a result of abstinence from pornography, forums (NIH/PMC).

Studies on the connection between sexual behavior and mental health:

- Three sexual behaviors and the link to mental disorders/suicidality (Springer/Article).

Common pitfalls

1. Giving up when it becomes too hard (Conscious decision phase).
2. Returning to old patterns during stress (Breaking the addiction phase).
3. Mistaking detox symptoms for failure, thus quitting (Detox phase).
4. Wasting new energy on distractions, rather than purpose (Increased vitality phase).
5. Pride, using it for selfish gain (Magnetism phase).
6. Spiritual deception — not every vision is from God (Enhanced intuition phase).
7. Judgment and superiority over others (Transmutation phase).

The retention journey requires wisdom, community and constant connection with God. Sadly, the western church has become uncomfortable with the body; they've separated spirit and flesh in a way God never intended. They will talk about prayer and worship, but not about sexuality and energy. They've let shame rule instead of wisdom — but there should not be any shame regarding this powerful topic. This isn't about being weird or extreme; it is about understanding God's design and working with it, rather than against it. Retention is about giving men back the vitality, focus and spiritual power that's been stolen by a culture that wants them weak and distracted. If you're a man reading this, you're not weak, you're not broken beyond repair — you have incredible power inside you; power that the enemy wants you to waste, but Jesus wants you to reclaim. He wants you to walk in fullness of who you were created to be: a son of God, an image bearer, a warrior, a leader, a man full of life, light and love. This is not about men being anti-women, or withholding from relationship; it is about men stewarding energy so they can show up in relationship, in fatherhood, in leadership, in all their responsibilities — and it is a part of sanctification and pursuing purity.

5.9 Renewing your Speech

We've seen how semen retention is linked to renewing of the mind, same principle is applied with celibacy for women. Though there's 1 part of renewing the mind that's missing, that is, renewing of the speech.

Luke 6:45 — A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks. (NKJV)

The mind and the condition of the heart is closely related. The motives of our speech originates from the heart, but our wording is calculated by our mind. So when a person is born again, (i.e. he or she has turned away from their old lives of sin and now lives by The Spirit's will) The Spirit is now working in him or her to a much greater extent, and will approve their speech by either letting them say it, or stopping them. Through the process of being born again, if a person's speech has been chronically corrupt by profanity, The Spirit will help them renew their speech pattern. When their new minds calculate words too fast with profanity integrated into their speech from their old selves, the Spirit will be faster than our speech to filter that out. Gradually renewing the speech patterns.

Colossians 3:8–10 — But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him, (NKJV)

Chapter 6

Scripture to Counter Demonic Thoughts and Whispers

Disclaimer

I wrote this chapter a while ago, and looking back, what I needed here was true repentance and baptism. I hadn't taken those steps yet. I've edited some of the text, but read this chapter with a grain of salt.

If you're experiencing intrusive thoughts, frequently, I personally believe that there could be areas in your life, where you haven't surrendered completely to Christ, and that demons have legal rights over you in these areas. You may reefer to this as a small demonic possesion. Even though you're saved, you can't expect life to flow flawlessly and everything running smoothly. Once you're on the narrow path, the devil will be furious and assign demons your way, but fear not, greater is He that's in me, than he that's in the world. If the devil can't get to you *in the physical*, by temptations etc. he will attack you in the mind, most commonly with nightmares and intrusive thoughts (big sign of possession). If he can't get to you *in the physical* or *in the mind*, he will go a step further and send persecution your way, by sending people to destroy your mission, or experiencing jail / prison / strict psychiatric admission, physical violence etc.

When you experience intrusive thoughts, you don't want to think those thoughts, but they still come. Oftentimes these thoughts come when your heart is pure and gentle, you've cultivated the fruit of the Spirit, spent time with God and in purification of the heart. Now, the devil wants to come and steal that peace, joy and goodness from you; you've crucified your flesh daily, so you can rule out that it's not *you* these thoughts are coming from. Demons will try to affect you from the outside with their disturbing thoughts, because they can't get to you any other way. You've eliminated media, pornography, you're attuned with the renewing of your mind, so you're not fulfilling the lust of the flesh and eyes, you've taken all the defensive steps to walk in purity, but still these thoughts linger in.

The intrusive thoughts you experience will always be negative, because the end goal of the devil and his demons is to confuse, deceive, destroy, delay, lie, kill and make you doubt. Defensive steps are good and very much necessary, but in order to win the battle, you have to be on the offense as well; you can't sit back and relax. It's time to fight.

6.1 Rebuking, Quoting and Casting out Devils

Jesus dealt with evil spirits three ways: Quoting the word, rebuking them, and casting the demons out. Sometimes deliverance from intrusive thoughts is very necessary, and a sign of possession or absence from a new birth, but doesn't have to be; demons can work on both the inside of your body (possession), and send attacks on the outside of your body (persecution). Intrusive thoughts are rarer when walking in spiritual freedom, but they can occur. Below are practical examples of intrusive thoughts you may experience, and how to counter them with Scripture wether you are possessed, or experiencing a demonic thought projection.

6.2 Counter Intrusive Thoughts about Violence

Intrusive thoughts about violence, harming others, setting houses on fire, throwing coffee on someone, being displeasing and an annoyance for others. This intrusive thought often stems from a violent spirit.

Counter:

Leviticus 19:18 — "You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself." (NKJV)

Ephesians 4:31–32 — Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. (NKJV)

6.3 Counter Intrusive Thoughts about Looking Down Upon Others

Intrusive thoughts about looking down on people that look outwardly unattractive or are poor, or have disabilities. This thought stems from the spirit of pride. The devil knows humans look and judge people on their outward appearance, and he takes full advantage of this and perverts it in his demonic and wicked ways.

Counter:

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1 Samuel 16:7 — But the Lord *said to Samuel, "Do not look at his appearance or at his physical stature, because I have refused him. For the* Lord *does not see as man sees; for man looks at the outward appearance, but the* Lord *looks at the heart." (NKJV)*

6.4 Counter Intrusive Thoughts about Sexual Immorality

Intrusive thoughts about sexual immoral activities, like lusting after someone, wanting to sleep with someone, fantasising over somebody, limerence. Stemming from the spirit of harlotry.

Counter:

Proverbs 4:23 — Keep your heart with all diligence,
For out of it spring the issues of life. (NKJV)

Leviticus 18:20 — Moreover you shall not lie carnally with your neighbor's wife, to defile yourself with her. (NKJV)

Matthew 5:28 — "But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart." (NKJV)

6.5 Counter Intrusive Thoughts about Self Harm

Intrusive thoughts about self harm, like jumping off a bridge or a high place. This is the spirit of death.

Counter:

1 Corinthians 3:17 — If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are. (NKJV)

1 Corinthians 6:19 — Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? (NKJV)

6.6 Counter Intrusive Thoughts about Self Destructive Behavior

Intrusive thoughts about throwing your valuable possessions away, like throwing your phone into a pond. This is the spirit of (self) destruction.

Counter:

Proverbs 25:28 — Whoever has no rule over his own spirit
Is like a city broken down, without walls. (NKJV)

Galatians 5:22–23 — But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. (NKJV)

6.7 Counter Intrusive Thoughts about Your Salvation

Intrusive thoughts and doubts that you're not good enough for God, that God is mad at you or you're not saved. This is the spirit of stealth and deception at play to make you despaired and rob you of your peace.

Counter:

Isaiah 43:1 — But now, thus says the LORD*, who created you, O Jacob,*
And He who formed you, O Israel:
"Fear not, for I have redeemed you;
I have called you by your name;
You are Mine." (NKJV)

Ephesians 2:8–9 — For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. (NKJV)

6.8 Conclusion

These intrusive thoughts give a depiction of Satan's true vile nature to kill, steal and destroy, and his way of excusing you to do this is often "do it, and see what happens." Learn to recognise when these thoughts pop up, and who's actually planting them — not you, not the Holy Spirit, but different types of demonic spirits. Also learn to rebuke the spirits: say, "Away with you, Satan, for it is written . . ."

James 4:7 — Therefore submit to God. Resist the devil and he will flee from you. (NKJV)

Chapter 7

Weapons of Warfare

This chapter is all about how to live in victory with God, and the spiritual battle taking place, our weapons and how to "win".

7.1 How to Cultivate God

Cultivating God is not as complicated as it might seem. A lot of the reasons people do not believe in God, is because they don't see Him. God is Spirit, so in order to cultivate Him, we must worship Him in spirit and truth.

John 4:24 — God is Spirit, and those who worship Him must worship in spirit and truth." (NKJV)

Here are some quick bullet points on how to "cultivate" God.

1. Come to Him by humbling ourselves before Him, confessing and repenting from our sins.

James 4:10 — Humble yourselves in the sight of the Lord, and He will lift you up. (NKJV)

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1 John 1:9 — If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (NKJV)

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2. Denying ourself and follow Him (Jesus).

Matthew 16:24 — Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. (NKJV)

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3. Eating the "bread of life" and storing God's word in our hearts.

John 6:51 — I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world." (NKJV)

Psalm 119:11 — Your word I have hidden in my heart, That I might not sin against You. (NKJV)

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4. Pray without ceasing

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1 Thessalonians 5:17 — pray without ceasing, (NKJV)

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5. Fellowship with other believers.

Acts 2:42 — And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers. (NKJV)

I also want to add that, cultivating God is following your inner intuition. If you feel you're doing something right, do that. Don't follow what all other people are trying to tell you to do, or trying to project onto you.

Proverbs 3:5–6 — Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

Although I'm unsure of this person's salvation, I like a quote by Steve Jobs.

Don't let the noise of others' opinions drown out your inner voice. - June 12th, 2005. Steve Jobs.

7.2 Breaking the Addiction

As we're cultivating God, sooner or later, it will become apperant that we are engaged in a spiritual battle. To understand what kind of battle we're in, we need to look at the following two verses.

1.

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2 Corinthians 10:4-6 — For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled. (NKJV)

2.

Ephesians 6:12 — For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. (NKJV)

I don't care what your pastor is telling you to try and comfort you. We are engaged in a real battle, as the bible describes here, and most people don't even realize it, because they've already lost. We need to get up and fight or flee the enemy. The bible describes the battle we're in as a fight or flight instance, but that we may have peace in the midst of it.

John 14:27 — Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. (NKJV)

This "peace" that it's talking about here is a characteristic of the Holy Spirit, and is very much an "emotion". Post baptism, a person should start to feel like emotions such as anxiety, fear and shame just dissipates away. This is what it's talking about in John 14:27. From the outside things may not look "peaceful", but from within, your emotions, you will experience that "inner-peace".

We understand that we're in a battle, but let's look some verses describing the "battle".

1 Timothy 6:12 — Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses. (NKJV)

Steps on how to fight the good fight of faith, and breaking any kind of addictions.

FLEE - When to Run

1. Lust - Lust is looking at the opposite sex with a sexual intent. Look at 3 different categories of sin for a more broad explanation.

2 Timothy 2:22 — Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart. (NKJV)

Job 31:1 — "I have made a covenant with my eyes; Why then should I look upon a young woman? (NKJV)

2. Idolatry - Idolatry is a "god" one serves in higher position than God. This can range from money, status, relationships, pleasure.

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1 Corinthians 10:14 — Therefore, my beloved, flee from idolatry. (NKJV)

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3. The Love of Money - A segment of idolatary, but an idol a lot of people serve.

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1 Timothy 6:10–11 — "For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows. But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness." (NKJV)

FIGHT - When to Stand and Battle

7.3 The Full Armour of God

7.4 Holy Spirit as a the Real Protective Sphere, Stronger Than Any Other Spirit

7.5 The Blood of Jesus That Washes Away All Uncleanliness

7.6 Prayer, Fasting and Repenting, Weapons to Destroy Satanic Strongholes and Ungodly Soul Ties

7.7 Entrapments of the Enemy, How to Spot them and Counteract, Practical Examples

1. Satan sends agents in your life to "drag you down". Bad company ruins good character. 2. A busy schedule, no time for God. 3. Satan uses bondages to make you addicted and distracted. 4. Satan censors Jesus from the world. It's taboo to talk about Him in school and work place. 5. Satan potrays and promote false Jesus' in media.

7.8 Love, the Weapon of Peace

As I have grown in my relationship and wisdom with God. I've realized that the biggest weapon we humans have, is love. I know I made a chapter on how to counter intrusive thoughts by using scripture, but I also think that love is the ultimate counter. I remember watching a video about intrusive limerent thoughts, and how a psychologist said that it was like a child screaming in the back seat of a car, while you're in the front seat with the steering wheel. It doesn't work to tell the child to remain silent, or argue with it. You have to show it compassion and tell it not to worry. Love is what demons and darkness does not have. The opposite would be egoism, or wanting to win. When we as humans show love, surrender, and a will to give up, the devil can't argue with us, because "he has proven his point, and won." The devil is a rebel, and he wants to prove that he

is right, and God is wrong. I've seen it time and time again, when you let people "win the argument" or "treat you unfair", that convicts them, and they wonder why you're not giving back. Instead you show humbleness and love back, that throws them off, and their anger or whatever turns right back at them. So I think it is with the devil.

Revelation 20:1-3 — Then I saw an angel coming down from heaven, having the key to the bottomless pit and a great chain in his hand. He laid hold of the dragon, that serpent of old, who is the Devil and Satan, and bound him for a thousand years; and he cast him into the bottomless pit, and shut him up, and set a seal on him, so that he should deceive the nations no more till the thousand years were finished. But after these things he must be released for a little while. (NKJV)

During the 1000 years, I think the devil will have time to think about and reflect over all the anguish, chaos and destruction he caused. But out of the hardness of his heart, he won't repent and acknowledge until the ultimate white throne judgment, when he is cast into the lake of fire. Then and only then, he will acknowledge and confess that God is good.

Romans 14:11 — For it is written:

"As I live, says the Lord, Every knee shall bow to Me, And every tongue shall confess to God." (NKJV)

Philippians 2:10-11 — that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. (NKJV)

So by the power of love (agape), we will win over the enemy, and then our Father in heaven is faithful to eradicate all of that darkness out of the universe, and sin will never arise again.

Nahum 1:9 — What do you conspire against the Lord? He will make an utter end of it. Affliction will not rise up a second time. (NKJV)

You may wonder, how to obtain this "gift" (love)? I will give you the answer.

1. Repent, search your heart for what is sin in your life.

2. Confess, get your sins in the light in front of some brothers or sisters in Christ.

3. Baptize, wash off the old man, and receive a new heart.

Along with the new heart will come the gift of love.

Romans 5:5 — Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. (NKJV)

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1 Corinthians 13 — Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing.

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.

Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away. For we know in part and we prophesy in part. But when that which is perfect has come, then that which is in part will be done away.

When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things. For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known.

And now abide faith, hope, love, these three; but the greatest of these is love. (NKJV)

Chapter 8

Spiritual Discernment: Obedience to God and Spiritual Gifts

8.1 Obedience

As you start to apply the things written in this book, learn to hear the voice of God, and obeying whatever God is convicting you of. You will start to experience the gifts of the Holy Spirit.

8.2 1 Corinthians 12 - Spiritual Gifts

8.3 Roles in the Body of Christ

8.4 Purpose and Destiny

Restore the missing void in your life

Have you ever felt like there was something missing in life? An uncomfortable feeling that you just can't grudge your way around. Perhaps you've tried to fill that missing part with something else, whether it be a sport, a hobby, pursuing a career or relationships. Perhaps you've completed all the goals you wanted to complete, yet deep inside, you still somehow don't feel 100% satisfied. You brush it off and continue to find new ambitions and focus on relationships, but you never get to the root. In this book,

I, Chillbear will dig deep into the reality that you and I live in, and how we can "fill that void" that you perhaps have felt was missing your whole entire life. In other words, restore your connection with God, the creator of everything we can observe and more.